

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLTEKKES KEMENKES RIAU
PRODI DIV KEBIDANAN**

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GHINAYATUL SYAFITRIAH

HUBUNGAN DUKUNGAN KELUARGA DAN *BREASTFEEDING SELF-EFFICACY* TERHADAP PEMBERIAN ASI EKSKLUSIF DI KELURAHAN SIMPANG BARU WILAYAH KERJA PUSKESMAS SIMPANG BARU KOTA PEKANBARU TAHUN 2021

xiv + 58 halaman + 11 tabel + 2 bagan + 15 lampiran

ABSTRAK

Target ASI eksklusif secara global yaitu 80% sedangkan Puskesmas Simpang Baru 13,3%. Tujuan penelitian ini untuk mengetahui hubungan dukungan keluarga dan *breastfeeding self-efficacy* terhadap pemberian ASI eksklusif di Kelurahan Simpang Baru wilayah kerja Puskesmas Simpang Baru Kota Pekanbaru tahun 2021. Penelitian dilakukan pada bulan Januari-Mei 2021. Jenis penelitian *deskriptif analitik* dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah ibu yang memiliki bayi 7-12 bulan di Kelurahan Simpang Baru. Jumlah sampel 57 orang. Metode pengumpulan data dengan wawancara. Instrumen penelitian menggunakan kuesioner. Analisis data menggunakan *chi square* dengan derajat kepercayaan 95%. Hasil penelitian diperoleh dengan *p-value* dukungan emosional, dukungan informasi, dukungan instrumental, dukungan penilaian, *Breastfeeding self-efficacy* yaitu (0,000), Kesimpulan: terdapat hubungan antara dukungan keluarga dan *Breastfeeding self-efficacy* terhadap pemberian ASI eksklusif di Kelurahan Simpang Baru wilayah kerja Puskesmas Simpang Baru Kota Pekanbaru tahun 2021. Disarankan bagi tenaga kesehatan meskipun saat ini pandemi COVID-19 tetap menjalankan program Kelompok Pendukung ASI (KP-ASI) dengan menerapkan protokol kesehatan yang ketat sehingga promosi kesehatan dalam menyusui tetap berjalan. Promosi Kesehatan ini perlu melibatkan keluarga. Peran keluarga diharapkan dapat meningkatkan keyakinan ibu dalam menyusui sehingga meningkatkan keinginan ibu memberikan ASI eksklusif.

Kata Kunci : Dukungan Keluarga, *Breastfeeding self-efficacy*, ASI Eksklusif
Daftar Pustaka : 36 (2010-2020)

MINISTRY OF HEALTH OF REPUBLIC OF INDONESIA
HEALTH POLYTECHNIC OF RIAU
D IV MIDWIFERY STUDY

PAPER, MAY 2021

GHINAYATUL SYAFITRIAH

THE RELATIONSHIP OF FAMILY SUPPORT AND BREASTFEEDING SELF-EFFICACY TOWARDS EXCLUSIVE BREASTFEEDING IN THE SIMPANG BARU VILLAGE, THE WORKING AREA OF THE SIMPANG BARU HEALTH CENTRE PEKANBARU CITY IN 2021

xiv + 58 pages + 11 tables + 2 chart + 15 attachments

ABSTRACT

The global exclusive breastfeeding target is 80%, while the Simpang Baru Health Center is only 13.3%. The purpose of this study was to determine the relationship between family support and breastfeeding self-efficacy on exclusive breastfeeding in the Simpang Baru Village, the work area of the Simpang Baru Health Center, Pekanbaru City in 2021. The study was conducted from January to May 2021. This type of research was descriptive analytic with a cross sectional approach. The population in this study were mothers who had babies 7-12 months old in Simpang Baru Village. The number of samples is 57 people with data collection methods in the form of interviews. The research instrument used a questionnaire. Data analysis used chi square with 95% confidence degree. The results obtained by the p-value of emotional support, information support, instrumental support, assessment support, Breastfeeding self-efficacy, namely (0.000), Conclusion: there is a relationship between family support and Breastfeeding self-efficacy on exclusive breastfeeding in Simpang Baru Village work area Simpang Baru Health Center Pekanbaru City in 2021. It is recommended for health workers even though the current COVID-19 pandemic continues to run the ASI Support Group (KP-ASI) program by implementing strict health protocols so that health promotion in breastfeeding continues. This Health Promotion needs to involve the family. The role of the family is expected to increase the mother's confidence in breastfeeding so as to increase the mother's desire to give exclusive breastfeeding.

Keywords : *Support family, Breastfeeding self-efficacy, exclusive breastfeeding*
Reference : *36 (2010-2020)*